

**Middlesex County**

**Trails Guide**



# Table of Contents

Great Escapes .....	1
Get Active Outdoors .....	2
Trails Etiquette .....	3
Trails Locator Middlesex County Map .....	4
Mosa Forest/Skunk's Misery .....	6
Big Bend Conservation Area .....	8
A.W. Campbell Conservation Area .....	10
Joany's Woods .....	12
Parkhill Conservation Area .....	14
Bike Safety and Check for Ticks .....	16
Clark Wright Conservation Area .....	17
Strathroy Conservation Area .....	18
Longwoods Conservation Area .....	20
Mill Stream Conservation Area .....	22
Delaware Conservation Area .....	24
Sharon Creek Conservation Area .....	26
Komoka Provincial Park .....	28
Coldstream Conservation Area .....	30
Lucan Conservation Area .....	32
Fanshawe Conservation Area .....	34
Dorchester Mill Pond and Eco Trail .....	36
Lake Whittaker Conservation Area .....	38
Other Trails and Parks .....	39
Middlesex County Owned Forests .....	40

A digital copy of this guide is available online at:

[www.visitmiddlesex.ca](http://www.visitmiddlesex.ca)

*All information contained in this publication is believed to be accurate at the time of printing but is subject to change. Visit Middlesex assumes no liability for damages or loss arising from errors, changes, or omissions.*

## Guidebook Legend

If one of these icons is present on a page, that means it's an activity you can do on the trails!



**Canoeing**



**Walking/Running/Hiking**



**Pets On Leashes**



**Cycling/Mountain Biking**



**Fishing**



**Birdwatching**



**Cross-Country Skiing**



**Snowshoeing**



**Tobogganing**



**Horseback Riding**



**Swimming**



**SCAN ME**

[www.visitmiddlesex.ca](http://www.visitmiddlesex.ca)

## Great Escapes In Middlesex County

Located on the cusp of the Carolinian Life Zone; one of North America's hot spots of natural diversity, Middlesex County reflects the transition between southern and northern habitats. Lush deciduous forests typical of the south are found alongside pockets of bogs and ferns, more typical of the north. Several major rivers, including the Thames; one of the largest and most biologically rich rivers in Ontario, criss-cross the county. Woods, wetlands, meadows, and shrublands support the great variety of wildlife in Middlesex.

The Wood-poppy; an endangered wildflower, is found only in Middlesex. Species at risk including the Acadian Flycatcher, the Kentucky Coffee-tree, and the American Badger can also be found here.

Middlesex County manages 2,500 acres of woodland. Our woodlands have an extensive system of passive recreational trails for residents and tourists to enjoy.

Motorized vehicles are prohibited, however hiking, snowshoeing, cross-country skiing and horseback riding are welcome. The conservation areas and parks are an ideal place to enjoy healthy outdoor activities, observe wildlife, and practice your tree identification skills. Spot the Tulip, Sassafras, Eastern Flowering Dogwood and more!

# Get Active Outdoors

What are some benefits of physical activity?

- Lower risk of developing chronic diseases such as heart disease, type 2 diabetes, and some cancers.
- Improved fitness.
- Stronger bones and muscles.
- Improved mental health.

Tips for Outdoor Physical Activity:

- Make a plan to do some walking, cycling, or canoeing on local trails. Invite family or friends to join you.
- Wear supportive footwear and safety gear that fits with your activity.



Follow the Canadian 24-Hour Movement Guidelines to move more, reduce sedentary time, and sleep well.

The Canadian 24-Hour Movement Guidelines for all age groups can be found at the Canadian Society of Exercise Physiology at [www.csepguidelines.ca](http://www.csepguidelines.ca).

- It is important to be physically active every day.
- The more active you are the better.
- Physical activity can improve both your physical and mental health



# Trails Etiquette

1. Be courteous and kind to one another.
2. Pack it in, pack it out. Please do not litter.
3. Motorized vehicles are strictly prohibited.
4. Stay on open trails only. Please do not make short cuts or new trails.
5. Do not pick wildflowers or plants. Leave them for all to enjoy.
6. No trail modifications for any reason.
7. Fires are strictly prohibited.
8. Always let someone know where you are. Check in with a buddy if your trip takes longer than expected.
9. Dress appropriately for the conditions. Weather can change rapidly.
10. Be prepared during hunting season; wear bright clothing and be heard. You can whistle or sing to alert hunters to your presence.



Check out some of the provincial or regional trail organizations such as:

Hike Ontario  
[www.hikeontario.com](http://www.hikeontario.com)

Ontario Trails Council  
[www.ontariocounciltrails.on.ca](http://www.ontariocounciltrails.on.ca)

Thames Valley Trail Association  
[www.tvta.ca](http://www.tvta.ca)

- 1 Mosa Forest/Skunk's Misery
- 2 Big Bend Conservation Area
- 3 A.W. Campbell Conservation Area
- 4 Joany's Woods
- 5 Parkhill Rail Trail
- 6 Parkhill Conservation Area
- 7 Ailsa Craig Lion's Park
- 8 Clark Wright Conservation Area
- 9 Strathroy Conservation Area
- 10 Strathroy Fit Trail
- 11 Mount Brydges Lions Park
- 12 Longwoods Conservation Area
- 13 Mill Stream Conservation Area
- 14 Delaware Conservation Area
- 15 Sharon Creek Conservation Area
- 16 Komoka Provincial Park
- 17 Coldstream Conservation Area
- 18 Ilderton Rail Trail
- 19 Lucan Conservation Area
- 20 Weldon Park
- 21 Fanshawe Conservation Area
- 22 Dorchester Mill Pond & Eco Trail
- 23 Lake Whittaker Conservation Area



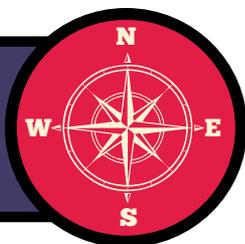
**Please Note:**

This map is for visual purposes only and does not contain details regarding local mapping for navigational purposes. Please consult our interactive **Public Middlesex Map** at [middlesex.ca](http://middlesex.ca) for navigation.



# Trail Locator

## Middlesex County Map



# Mosa Forest/Skunk's Misery

## Southside of Concession Drive, Newbury



Skunk's Misery is one of the largest and most significant forested blocks remaining in the Carolinian Region of Southern Ontario.

Located 60 km southwest of London Ontario, it has been identified as a Carolinian Canada site, Provincially Significant Wetland, an Area of Natural and Scientific Interest, an Important Bird Area, and a key biodiversity area within the Great Lakes Region.

This large tract of deciduous forest and farmland situated along the Thames River is surrounded by the communities of Newbury, Wardsville, and Bothwell. The residents of these communities and the surrounding rural area have demonstrated considerable

civic pride and interest in the natural features of "The Misery."

Skunk's Misery is noted for its diversity of upland and wetland plant communities, some of which are globally rare. It is home to a vast array of animal and plant inhabitants, including many that are rare or at risk.

The heart of Skunk's Misery is a 1,200-hectare complex of oldgrowth hardwood forest and swamp in Middlesex County, connected by wooded ravines to the Thames Canadian Heritage River to the south.



### Moderate Trails • Trail Distance: 4 KM

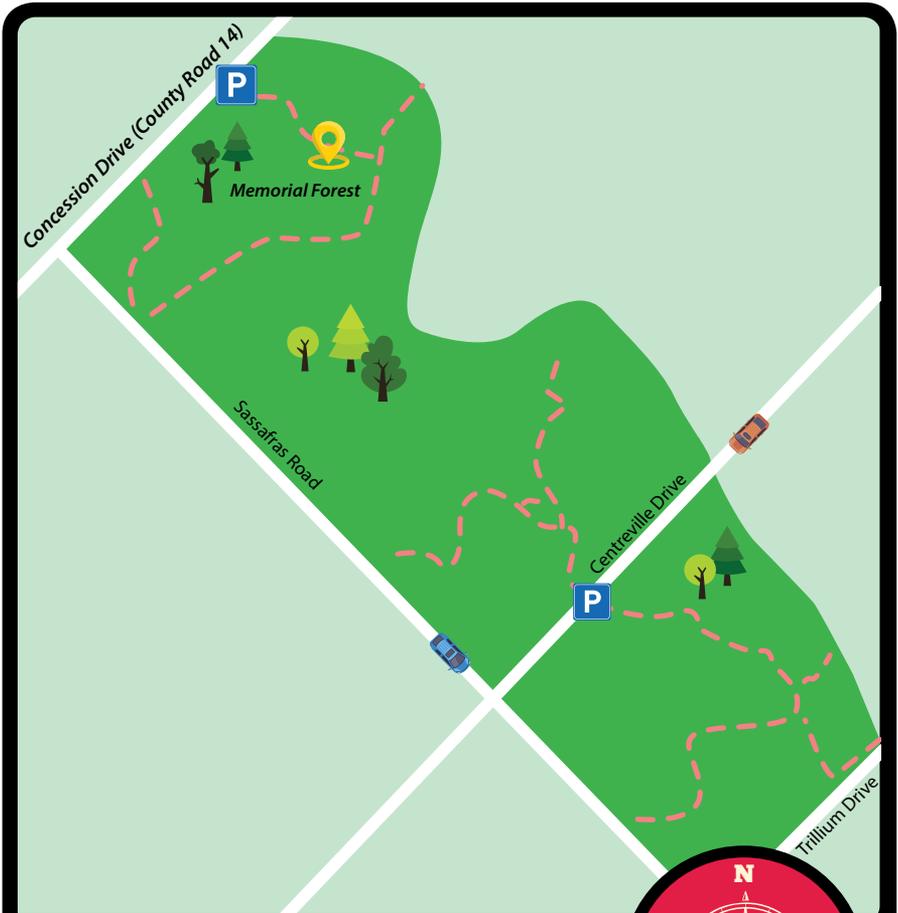
**Directions:** Located on the Southside of Concession Drive, in the Municipality of Southwest Middlesex. Take Hagerty Road North to Concession Drive. Turn west onto Concession Drive and the Mosa Forest is located between Dogwood Road and Sassafras Road.

**Contact:** Lower Thames Valley Conservation Authority, 519-354-7310

**Website:** [www.lowerthames-conservation.on.ca/portfolio/mosa-forest-skunks-misery/](http://www.lowerthames-conservation.on.ca/portfolio/mosa-forest-skunks-misery/)



Scan me!



## Map Legend

-  Trail Marker
-  Roadway
-  Parking
-  Point of Interest



The Badder & Robinson Memorial Forest is located on the eastern limits of the Conservation Authority owned property. This memorial forest is open for day use from 8 a.m. to sunset year-round, free of charge.

Public access is restricted to designated trails. To preserve the natural heritage features of this significant and sensitive woodlot, access beyond the trails to the remainder of the Conservation Authority forest is subject to prior approval from the LTVCA. Absolutely NO motorized vehicles (ATV, 4-wheel drive, jeep, etc.) are allowed within the property beyond designated parking areas, as vehicles can cause serious damage to tree root systems and other vegetation.

# Big Bend Conservation Area

21239 Big Bend Road, Wardsville



An archaeological site located here was shared by hunting and gathering Indigenous people over 3,000 years ago. Also located here is a boat launch to the Thames River - a Canadian Heritage River.

There's a Memorial Forest, picnic shelter with tables and open space for sports and games, as well as group and family camping. Visitors can go hiking and fishing for yellow perch and pickerel.

The campground is open Victoria Day through late October. There are some first-come, first-serve sites for those not reserving online. Fees are collected on a regular basis.

These fees help maintain the conservation area and provide upgrades to facilities.

There are 48 campsites in total and a rentable pavilion in the day use area (4 sites 30amp/water, 2 sites 15amp/water, 2 group sites, 10 river sites, 30 sites unserviced). Campsites and a serviced washroom building with showers are open Victoria Day weekend in May to mid-October. There is no dumping station.



## Moderate Trails • Trail Distance: 0.5 KM

**Directions:** Located on the Thames River, just east of Wardsville. Follow County Road 2 (Longwoods Road) east from Wardsville. Turn south on Big Bend Road and travel 3 km to the entrance.

**Contact:** Lower Thames Valley Conservation Authority, 519-264-1500

**Website:** [www.lowerthames-conservation.on.ca/portfolio/big-bend-conservation-area/](http://www.lowerthames-conservation.on.ca/portfolio/big-bend-conservation-area/)



Scan me!



## Map Legend

- |   |                     |   |              |
|---|---------------------|---|--------------|
|  | Turtle Trail        |  | Parking Lot  |
|  | Beaver Dam Footpath |  | Washrooms    |
|  | Canoe Launch Trail  |  | Picnic Area  |
|  | Day Use Trail       |  | Boat Launch  |
|  | Roadway             |  | Camping      |
|  | Point of Interest   |  | Canoe Launch |
|  | Walnut Grove        |   |              |
|  | Pavilion            |   |              |

*\*Camping fees apply. For a more detailed campground map, please visit their website*

# A.W. Campbell Conservation Area

8477 Shiloh Line, Near Alvinston



A beautiful lake is the focus of this Conservation Area. Forested hills, treed campsites and a meandering river provide the backdrop to an active area which provides a host of recreation opportunities, including nature trails, swimming pool, mini golf, and more. There are exciting activities throughout the summer months.

Approximately 125 hectares (300 acres) in size, A.W. Campbell Conservation Area has 140 campsites, two modern washroom buildings, nature trails, laundry facilities, a 25 foot by 50 foot

in-ground pool, and 8 hectares (20 acres) of reservoir which is excellent for swimming, fishing, and canoeing. All campsites are serviced with hydro and water.

There are canoe/kayak rentals to explore the reservoir. Trails crisscross through the A.W. Campbell Conservation Area taking you through a deciduous forest and floodplain. Over 8 km of trails lead you along Morrough Creek where a host of wildflowers and interesting tree species can be observed such as the blue ash.



## Easy to Moderate Trails • Trail Distance: 8 KM

**Directions:** A.W. Campbell Conservation Area is located just east of County Road 79 at the edge of Middlesex County. Take County Road 79 exit south off of Highway 402.

**Contact:** A.W. Campbell Conservation Area, 519-847-5357 or St. Clair Region Conservation Authority, 519-245-3710

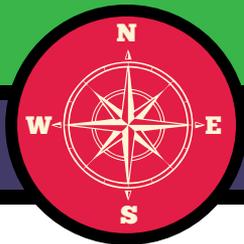
**Website:** [www.scrca.on.ca/portfolio/a-w-campbell-conservation-area/](http://www.scrca.on.ca/portfolio/a-w-campbell-conservation-area/)



Scan me!



## Map Legend



- |   |                   |   |               |
|---|-------------------|---|---------------|
|  | Trail             |  | Playground    |
|  | Roadway           |  | Washrooms     |
|  | Point of Interest |  | Picnic Area   |
|  | Pavillion         |  | Camping Area  |
|  | Parking Lot       |  | Swimming Pool |

# Joany's Woods

Boothill Road off of Highway #7, North Middlesex



Joany's Woods is a conservation area that is included in Carolinian Canada's Ausable River Valley Site and is part of the Provincially-recognized Area of Natural and Scientific Interest (ANSI). It is the second most important Carolinian botanical site in Middlesex County; next to Skunk's Misery.

Joany's Woods has two public trails – The Ivey Trail (5.1km) and the Inch Trail (3.7km). Along these trails you will find hardwood swamps, mature upland and lowland forest, scrubby areas, and a number of sizeable plantations.

Along with some small marshy areas, Joany's Woods also contains a small pond and borders on another larger pond. The

property is bordered by hardwood swamps to the north and east.

The property's diverse nature has resulted in a wide range of plant communities, which in turn provide excellent wildlife habitat. A number of species at risk are associated with Joany's Woods including: Butternut, Snuffbox Mussel, Flowering Dogwood, Spiny Softshell Turtle, Wavy-rayed Lampmussel, Northern Riffleshell, and Queen Snake, among others.



## Easy to Difficult Trails • Trail Distance: 8.8 KM

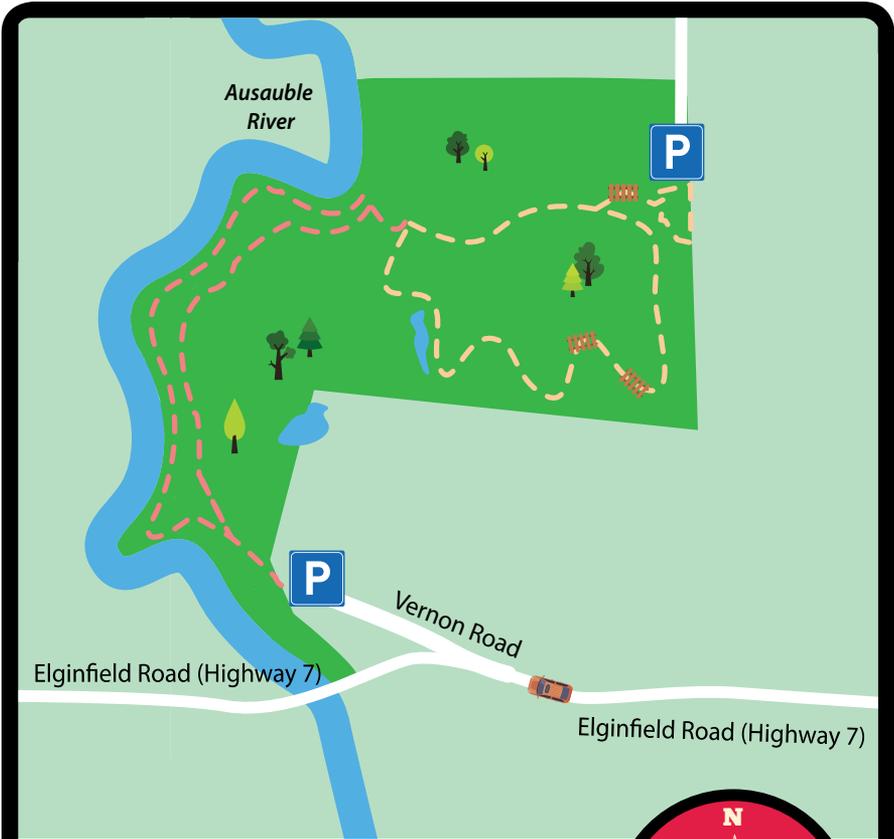
**Directions:** Located in the Ausable River Valley, the property is bordered by the Ausable River to the west and is accessible at the south end from County Road 7 (Elginfield Road) and at the north end from Boot Hill Road.

**Contact:** The Thames Talbot Land Trust, 519-858-3442

**Website:** [www.thamestalbotlandtrust.ca/joany\\_s\\_woods](http://www.thamestalbotlandtrust.ca/joany_s_woods)



Scan me!

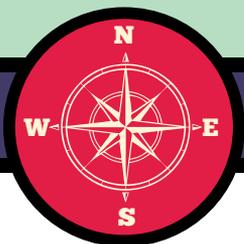


Elginfield Road (Highway 7)

Vernon Road

Elginfield Road (Highway 7)

# Map Legend



--- Inch Trail

--- Ivey Trail

🚗 Roadway

**P** Parking Lot

🚶 Boardwalk

# Parkhill Conservation Area

32910 Centre Road, Parkhill



Each season brings something new at the Parkhill Conservation Area. The 800-hectare conservation area is a result of efforts to control serious flooding and erosion problems downstream. The Parkhill Dam and reservoir were constructed in 1969 to create a storage area to regulate the waterflow of Parkhill Creek.

The recreational opportunities include canoeing, kayaking, fishing, hiking and bird watching.

A rest area for travellers, known as the Scenic Lookout, is located on the east side of County Road #81, just north of Parkhill.

The conservation area is open seven days a week, from sunrise to sunset, unless otherwise posted. The boat launch is open from April until November, from sunrise to sunset, unless otherwise posted.

There are no formal trails here, but the Scenic Lookout offers a chance to stretch your legs and enjoy the incredible view.

Contained within the Parkhill Conservation Area" is a privately managed campground called "The Great Canadian Hideaway."



## Easy to Moderate Trails

**Directions:** For entrance to nature trails, take Centre Road off of County Road #7. For entrance to the boat launch, take McGuffin Hills Drive off County Road 81.

**Contact:** Ausable Bayfield Conservation Authority , 519-235-2610  
Call The Great Canadian Hideaway at 519-294-6333 or 1-800-539-5226 for camping information or reservations.

**Website:** [www.abca.ca/conservationareas/parkhill/](http://www.abca.ca/conservationareas/parkhill/)



Scan me!



# Map Legend

-  Roadway
-  Point of Interest
-  Parking Lot
-  Great Canadian Hideaway



# Bike Safety

Wear a helmet at all times. A properly fitted bicycle helmet is important to make sure both children and adults stay safe while cycling. Wearing a bicycle helmet can decrease your chance of head injury by up to 85%!

Remember to wear reflective clothing or bands when riding at night.

## How to Fit a Bicycle Helmet:

- Two fingers above your eyebrow to the bottom of your helmet.
- Four fingers to make a "V" shape around the bottom of your ears.
- One finger under the strap beneath your chin.
- Check the helmet fit every time.

## Helpful Resources:

Middlesex-London Health Unit

[www.healthunit.com](http://www.healthunit.com)

Ministry of Transportation

[www.ontario.ca/page/ministry-transportation](http://www.ontario.ca/page/ministry-transportation)

Parachute Canada

[www.parachute.ca/en](http://www.parachute.ca/en)



# Check for Ticks

After spending time outdoors be sure to do a thorough check for ticks on all areas of the body, including those covered by clothes. Wear insect repellent that contains DEET. Check yourself and family members for ticks.

Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi*. These bacteria are spread by the bite of blacklegged ticks (also known as deer ticks). Lyme disease can be transmitted through the bite of an infected tick. If bitten, symptoms usually occur within one to two weeks.

Early symptoms include:

- A "bull's eye" rash which spreads out from the tick bite.
- General symptoms of fever, headache, muscle, and joint pain.

It is important to remove ticks promptly in order to prevent infection. Use tweezers. Grab the tick as close to the head as possible. Pull the tick upwards and away from the body. Clean the area with soap and water. Wash your hands. If diagnosed early, most cases of Lyme Disease can be successfully treated with antibiotics.

For more information, visit [www.healthunit.com/ticks](http://www.healthunit.com/ticks)



# Clark Wright Conservation Area

7282 Walkers Drive, Strathroy

This 50 acre site, donated by Mr. Clark Wright, includes 3 km of nature trails through reforested lands including

pine/spruce plantations. This location is also an excellent bird watching site.



## Easy Trails • Trail Distance: 3KM

**Directions:** 2 km west of County Road 81 on Walkers Drive, one concession south of Strathroy

**Contact:** St. Clair Region Conservation Authority, 519-245-3710

**Website:** [www.scrca.on.ca/portfolio/clark-wright-conservation-area/](http://www.scrca.on.ca/portfolio/clark-wright-conservation-area/)

Scan me!



# Strathroy Conservation Area

245 Head Street North, Strathroy



Strathroy Conservation Area includes a three kilometre trail through a beautiful floodplain. Reforestation efforts have made this area a great place to see wildlife. The trail can be accessed at the Conservation Authority Administration Centre or at the parking lot across from the Sprucedale Care Centre on Head Street. There are also links with the rest of the Strathroy Parks system linking urban parks, arboretums, and wetlands.

## The Rotary Trail

The Rotary Club of Strathroy Memorial Trail was established to honor Rotary members who have passed away. The trail connects with the Conservation Authority's trail system creating a town-wide public trail system. The trails start at the skateboard park, located at the south end of Alexandra

Park (off of Albert Street by Carrie Street), and extends through town to Second Street, just west of the Strathroy District Collegiate Institute and Holy Cross Secondary Schools.

## Paddle the Sydenham

The Strathroy Water Trail is a 5 km loop of clear watercourse for recreational use on the Sydenham River. The river is the only major watershed in Canada that lies entirely within the Carolinian Life Zone and is home to many plants and animals that are not found anywhere else in Canada. As you travel along the Sydenham River, you can see dams, mills, historic homes, churches, and schoolhouses. The trail starts at the Conservation Authority Office and follows the river downstream to the Strathroy Marsh, with convenient access points along the shoreline.



## Easy to Moderate Trails • Trail Distance: 8.5 KM

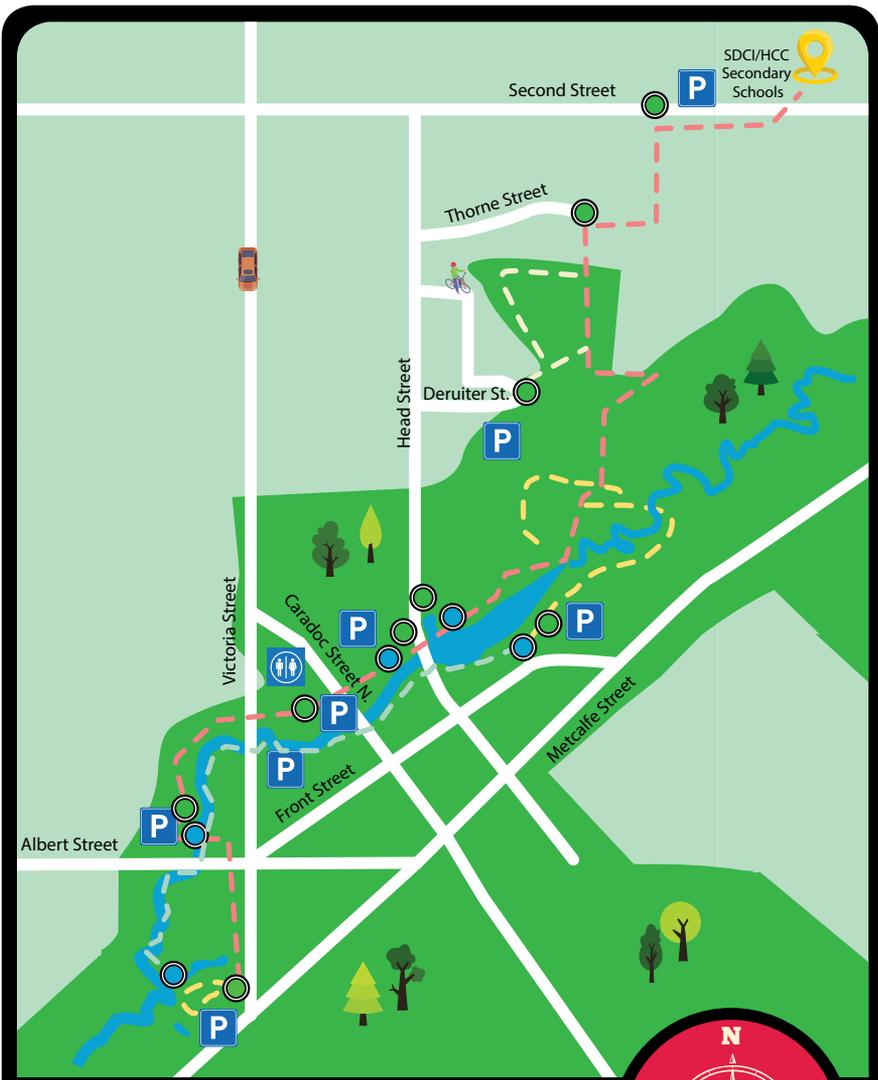
**Directions:** South of Highway 402, on County Road 81. Multiple access points throughout the Town of Strathroy.

**Contact:** St. Clair Region Conservation Authority, 519-245-3710

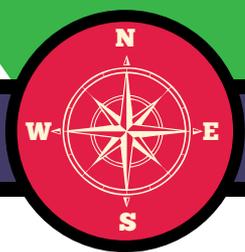
**Website:** [www.scrca.on.ca/portfolio/strathroy-conservation-area/](http://www.scrca.on.ca/portfolio/strathroy-conservation-area/)



Scan me!



# Map Legend



- Main Trail
- Side Trails
- Water Trail
- Roadway
- Point of Interest
- Access to Land Trails
- Access to Water Trail
- Washrooms
- Parking Lot

# Longwoods Road Conservation Area

8348 Longwoods Road, Mount Brydges



Longwoods Road Conservation Area contains 63 hectares (155 acres) of Carolinian forest, ravine, meadows, and a provincially significant wetland. The Mill Stream, a tributary of the Thames River, winds through the park supporting a large variety of flora and fauna.

Within Longwoods stands Ska-Nah-Doht Village featuring longhouses, a palisade maze, and exhibits reflective of the Haudenosaunee of 1,000 years ago. The interpretation is gathered through archaeology and traditional Indigenous knowledge passed on by local First Nations.

Three heritage cabins on-site are used for educational programs and special events. Each cabin was donated by local First Nations communities; Oneida, Chippewa, and Munsee-Delaware.

The Resource Centre houses the Ska-Nah-Doht Museum displays of First Nations culture and archeological artifacts. Displays and information on conservation and environmental issues are also available. The bird viewing area is not to be missed. You can also pick up the Carey Carolinian Arboretum and Trail Map at the Resource Centre.

The Turtle Trail gift shop features local First Nations' crafts, stained glass, and nature-themed items.

Additional facilities can be rented including a large picnic shelter and a group camping area for community organizations.



## Easy to Moderate Trails • Trail Distance: 6 KM

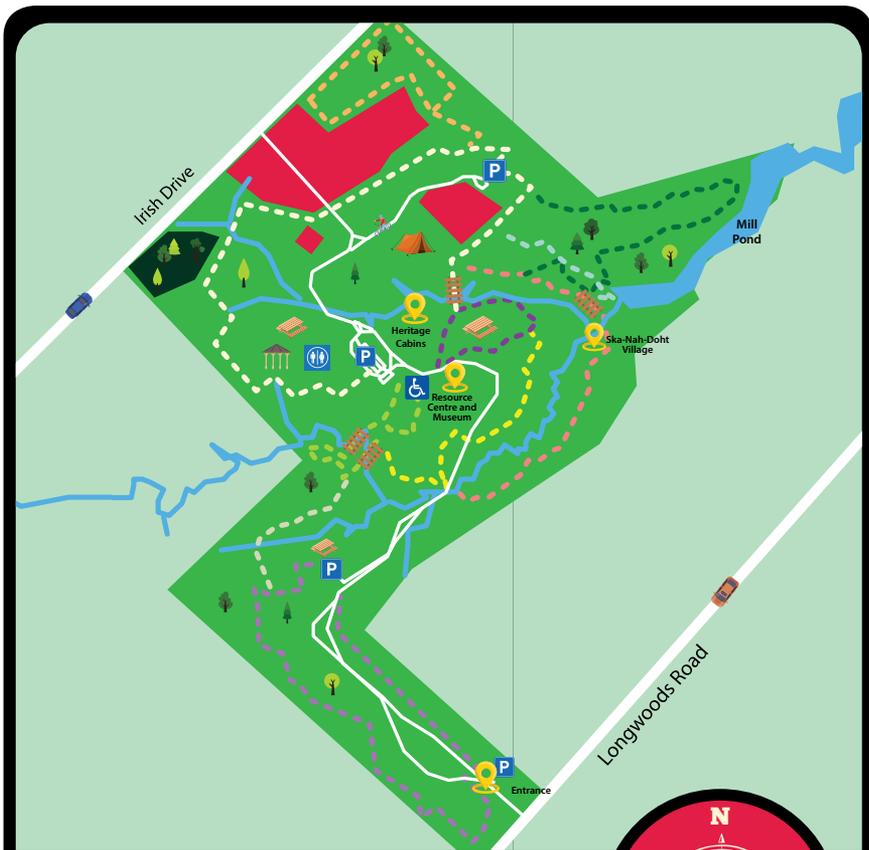
**Directions:** Located approximately 32 km west of London, 6.5 km west of Delaware, and 10 km east of Melbourne

**Contact:** Lower Thames Valley Conservation Authority, 519-264-2420

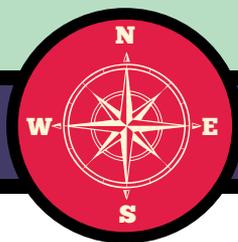
**Website:** [www.lowerthames-conservation.on.ca/portfolio/longwoods-road-conservation-area-ska-nah-doht-village-museum/](http://www.lowerthames-conservation.on.ca/portfolio/longwoods-road-conservation-area-ska-nah-doht-village-museum/)



Scan me!



## Map Legend



- |   |                    |   |                      |
|---|--------------------|---|----------------------|
|  | Roadway            |  | Pavillion            |
|  | Carey Trail        |  | Picnic Area          |
|  | Eastwood Trail     |  | Point of Interest    |
|  | Livermore Loop     |  | Camping              |
|  | Longdo Trail       |  | Boardwalk            |
|  | Millstream Trail   |  | Off Limits to Public |
|  | Pollinator Pathway |  | Find Yourself Forest |
|  | Pondview Trail     |   |                      |
|  | Seasonal Trail     |   |                      |
|  | Turtle Trail       |   |                      |
|  | Westwood Trail     |   |                      |

# Mill Stream Conservation Area

22035 Gibson Road, Delaware



Mill Stream Conservation Area offers a small toboggan hill, picnic shelter, no formal nature trail for fishing along the Mill Stream, hiking, and birdwatching. There is no drinking water or washroom facility. The park is open for day use from 8 AM to 10:30 PM, year-round, free of charge.

Located on the Caradoc Sand Plain, the Carolinian Forest and ravine system habitat supports abundant wildlife. The area is a natural corridor link to Longwoods Conservation Area.



## Easy Trail

**Directions:** From Delaware follow Longwoods Road (Middlesex County Road #2), 2.6 km west to Gibson Road. Turn north onto Gibson Road

**Contact:** Lower Thames Valley Conservation Authority, 519-264-2420

**Website:** [www.lowerthames-conservation.on.ca/portfolio/mill-stream-conservation-area/](http://www.lowerthames-conservation.on.ca/portfolio/mill-stream-conservation-area/)

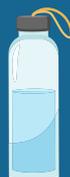


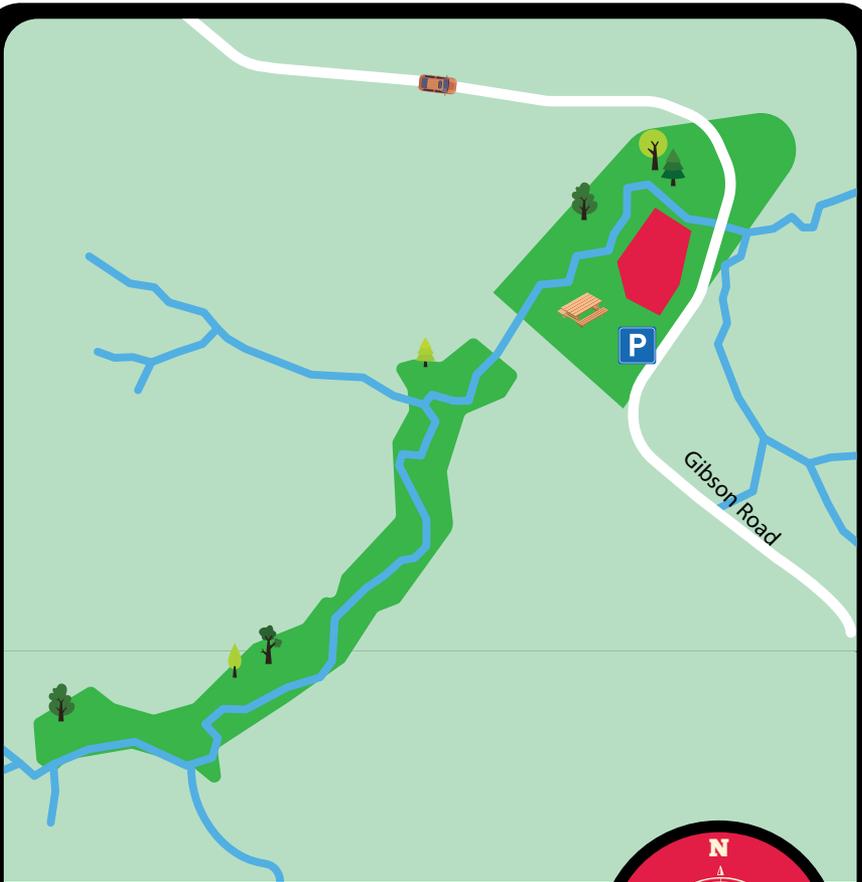
Scan me!

## Stay Hydrated

When hitting the trails, it is important to stay hydrated no matter the season. Avoid sugary drinks or those with caffeine. Quenching your thirst with water is the best way to hydrate!

Snacks of vegetables and fruit are great choices to bring along on hikes since they contain mostly water along with vitamins, minerals and fibre.





## Map Legend



-  Roadway
-  Picnic Area
-  Parking
-  Off Limits to Public

# Delaware Conservation Area

2695 Gideon Drive, Delaware



Located on the floodplain of the Thames Canadian Heritage River, Delaware Conservation Area is a hot spot for fishing (especially during pickerel season).

stand up paddle board and kayak access.

The park is open for day use from 8 AM to sunset year-round, free of charge.

An abundant sixty car parking lot is available and the area is popular for canoe,



## Easy Trail

**Directions:** Located on the northwest corner of the junction of Longwoods Road (Middlesex County Rd. 2) and Gideon Drive (Middlesex County Rd. 3) in Delaware. Take Gideon Drive one block north to entrance.

**Contact:** Lower Thames Valley Conservation Authority, 519-264-2420

**Website:** [www.lowerthames-conservation.on.ca/portfolio/delaware-conservation-area/](http://www.lowerthames-conservation.on.ca/portfolio/delaware-conservation-area/)



Scan me!

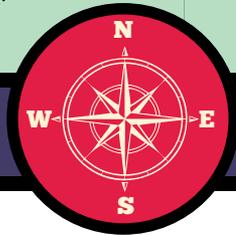
## Enjoy the Sun Safely

1. Limit time in the sun when UV Index is 3 or higher (usually 11 am to 3 pm).
2. Seek shade or make shade using an umbrella or sun shelter.
3. Wear a wide-brimmed hat and clothing that covers as much skin as possible.
4. Apply plenty of broad-spectrum, water-proof sunscreen and lip balm with SPF 30 or more and reapply often.
5. Wear fitted sunglasses with UV 400 or 100% UV protection.





## Map Legend



 Roadway

 Thames Valley Trail Association Trail

 Point of Interest

 Parking Lot

### Trail Mix Recipe | Prep Time: 5 minutes | Serves: 12

Ingredients:

- 1 cup pretzels
- 1 cup plain popcorn
- 1 cup dry roasted, unsalted almonds, cashews or other nuts
- 1 cup dry roasted sunflower seeds
- 1 cup raisins or other dried fruit

Method: mix together in sealed reusable container for snacking along the trail.



# Sharon Creek Conservation Area

4212 Springer Road, Delaware



Sharon Creek Conservation Area has 35.6 hectares of water and 12.9 hectares of forest, grassland, wooded ravines, a small wetland, and a tallgrass prairie. Picnicking, birdwatching, hiking, fishing and canoeing are enjoyed by many visitors.

The dam is an “earthen dam” with a morning-glory spillway which has a capacity for a one in ten year regional storm.

Another spillway accommodates extra water capacities assuring the dam remains intact. These spillways have a capacity for a one in a one hundred year storm. Springer Lake (the reservoir) was formed as a result of the installation of the Sharon Creek Dam.

The lake was named after Daniel Springer, an early Delaware settler. Fish species include bass, pike, and walleye.

The Sharon Creek Dam was built primarily to raise the ground-water levels and provide a municipal water supply for the region of Delaware.

The 2.8 hectare Sharon Creek Tallgrass Prairie is the largest publicly accessible site of its kind in Middlesex County.



## Easy to Moderate Trails • Trail Distance: 3.1 KM

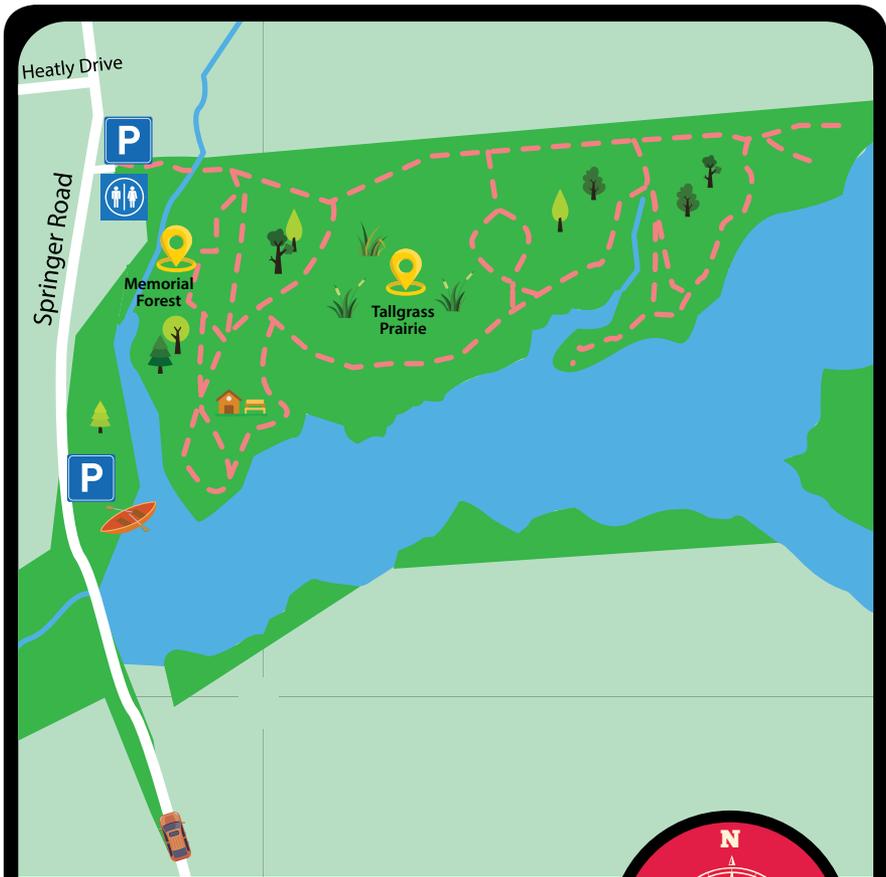
**Directions:** From Delaware go east on Longwoods Road (Middlesex County Road 2). Take Springer Road south 2 km from Longwoods Road.

**Contact:** Lower Thames Valley Conservation Authority, 519-264-2420

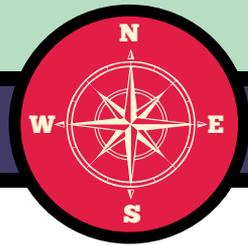
**Website:** [www.lowerthames-conservation.on.ca/portfolio/sharon-creek-conservation-area/](http://www.lowerthames-conservation.on.ca/portfolio/sharon-creek-conservation-area/)



Scan me!



## Map Legend



--- Trail

 Roadway

 Washrooms

 Point of Interest

 Canoe Launch

 Parking Lot

 Outdoor Classroom

# Komoka Provincial Park

503 Gideon Drive, Komoka



Situated on the eastern edge of Komoka, the park is a hidden gem offering outstanding views of the Thames River valley. Popular activities at this dayuse park include hiking, dog walking, trail running, bird watching, sport fishing and nature photography.

Komoka Provincial Park has a vast trail system consisting of coloured trails (orange, yellow, blue) and the White Trail. Hiking, mountain biking and horseback riding are permitted on the coloured trails. To preserve features, bicycles and horses are not permitted on the White Trail.

A parking lot at 503 Gideon Dr., east of Brigham Rd., offers lighting, garbage collection and restroom facilities.

The park boundary has also been expanded to include two provincially acquired parcels. An additional parking lot at 22290 Komoka Rd. allows access to park lands known locally as “The Ponds.”



## Moderate Trails • Trail Distance: 12.5 KM Total

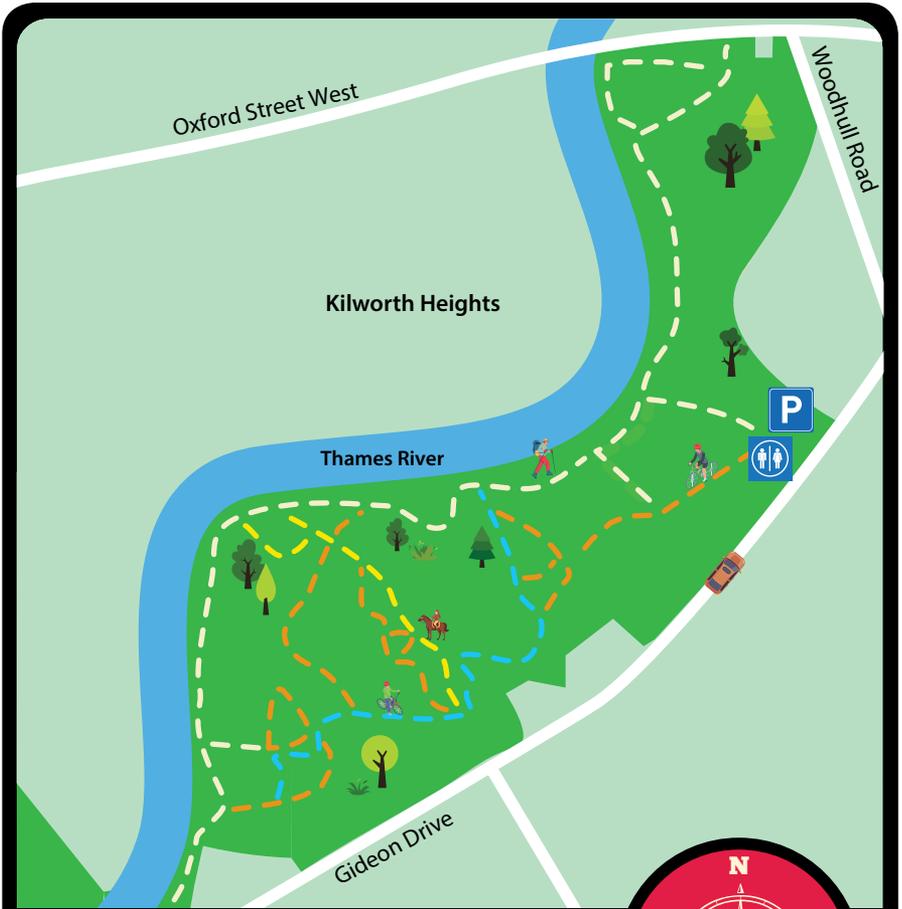
**Directions:** Parking is located off of Gideon Drive (County Road 3), west of Woodhull Road and on Komoka Road between Gideon Drive and Glendon Drive.

**Contact:** Port Burwell Provincial Park, 519-874-4691

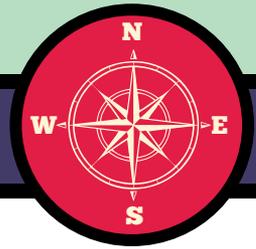
**Website:** [www.ontarioparks.com/park/komoka](http://www.ontarioparks.com/park/komoka)



Scan me!



## Map Legend



- |   |              |   |   |                  |
|---|--------------|---|---|------------------|
|  | Roadway      |   |  | Hiking           |
|  | Blue Trail   | } |  | Mountain Biking  |
|  | Orange Trail |   |  | Horseback Riding |
|  | Yellow Trail |   |  | Hiking Only      |
|  | White Trail  |   |   |                  |
|  | Parking Lot  |   |  | Washrooms        |

# Coldstream Conservation Area

327 Quaker Lane, Coldstream



Coldstream Conservation Area features the Cedar Trail in the south end of the Conservation Area, which takes you through a cedar swamp, a rare experience in Southwestern Ontario.

Seasonal washrooms, playground, and soccer fields are all available for day use.

There are a number of beautiful bridges throughout the conservation area, as well as numerous picnic areas.

Take a seat on a bench along the water's edge, watch the sunset, and hear the trickle of the water as it travels downstream.



## Moderate Trails • Trail Distance: 1 KM

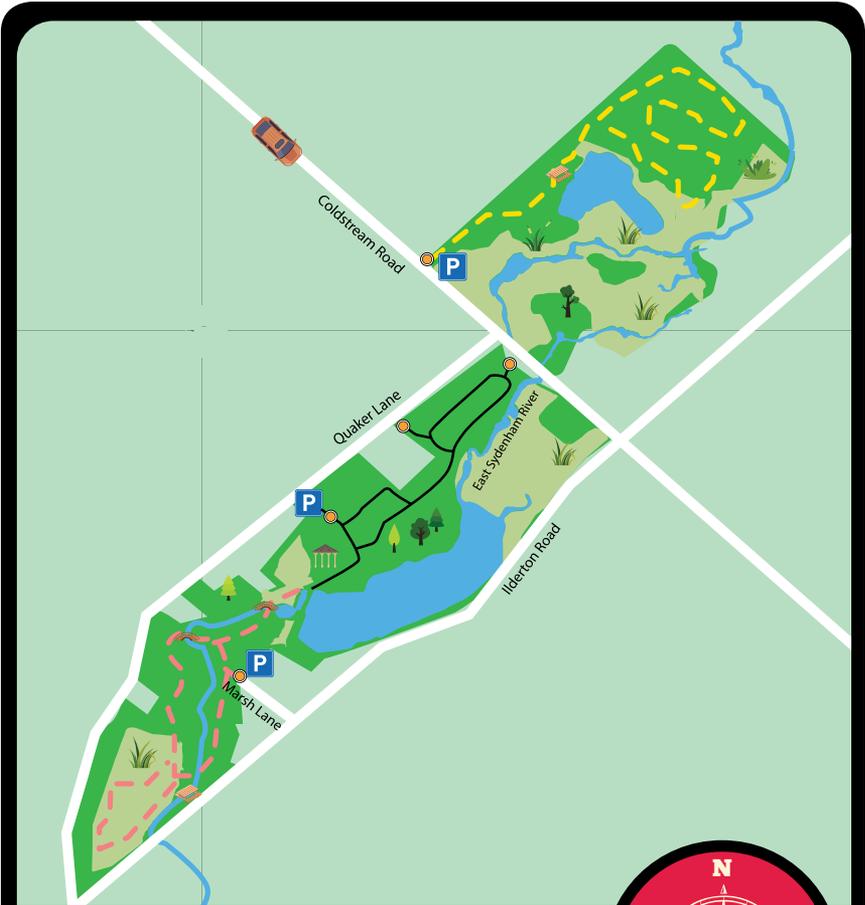
**Directions:** Enter off of Quaker Lane, located off of Ilderton Road in Coldstream. (North of County Road 22 at Poplar Hill).

**Contact:** St. Clair Region Conservation Authority, 519-245-3710

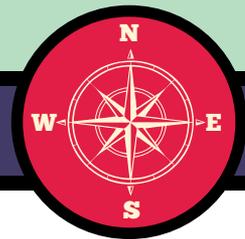
**Website:** [www.scrca.on.ca/portfolio/coldstream-conservation-area/](http://www.scrca.on.ca/portfolio/coldstream-conservation-area/)



Scan me!



## Map Legend



- |   |                  |   |                   |
|---|------------------|---|-------------------|
|  | Roadway          |  | Parking Lot       |
|  | Pathway          |  | Pavillion         |
|  | Cedar Trail      |  | Benches/Rest Area |
|  | Gravel Pit Trail |  | Trail Access      |
|  | Wetlands         |  | Bridge            |

# Lucan Conservation Area

5420 William Street, Lucan



Lucan Conservation Area is an eight-acre property adjacent to the Little Ausable River. Half of the property is floodplain and the remainder is a rolling upland hardwood forest.

enjoy some bird watching along the shores of the Little Ausable River. Please note the picnic area at the Lucan Conservation Area is in the floodplain and subject to flooding.

Enjoy the spring wildflowers, tall trees, and beautiful autumn colours. The single track dirt trail takes about 20 minutes to complete and has something new every season.

Lucan Conservation Area is a great place for a picnic. Pack your blanket and basket and



## Easy Trails • Trail Distance: 1 KM

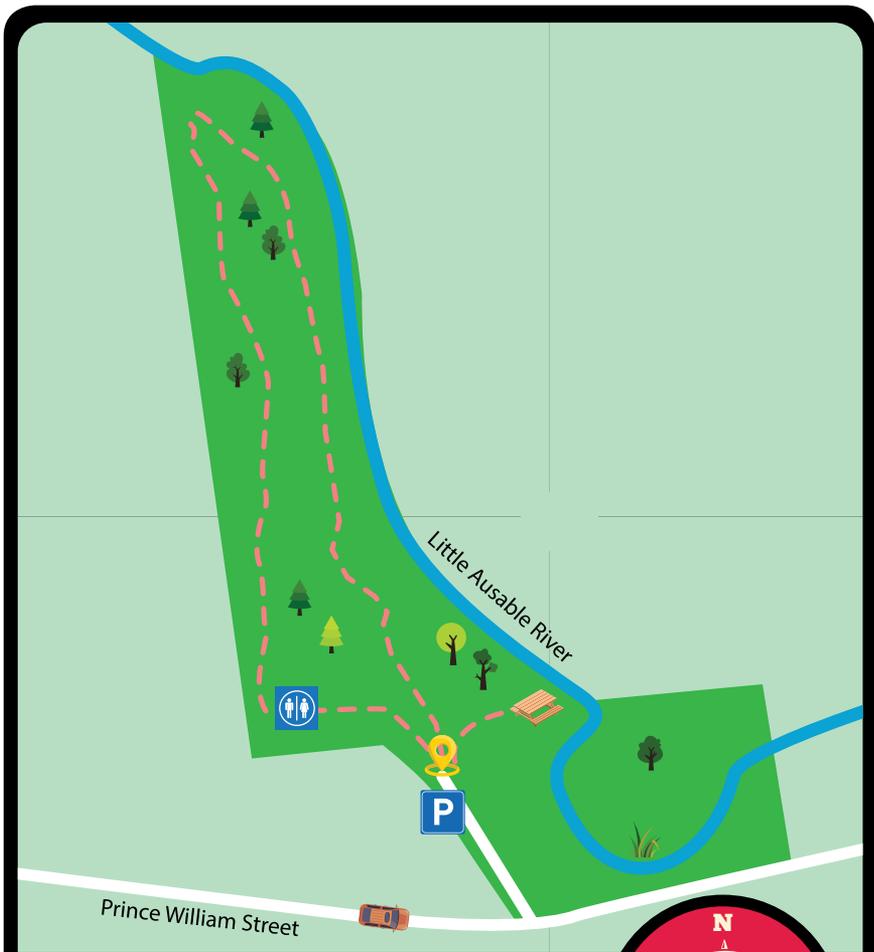
**Directions:** Take Prince William Street (County Road 13), 4 km west of Highway 4 at Lucan.

**Contact:** Ausable Bayfield Conservation Authority, 519-235-2610

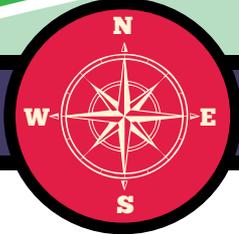
**Website:** [www.abca.ca/conservationareas/lucan/](http://www.abca.ca/conservationareas/lucan/)



Scan me!



## Map Legend



- |   |                   |   |             |
|---|-------------------|---|-------------|
|  | Roadway           |  | Parking Lot |
|  | White Trail       |  | Washrooms   |
|  | Point of Interest |  | Picnic Area |

# Fanshawe Conservation Area

1424 Clarke Road, Bordering Thames Centre



Fanshawe Lake Trail is a 21 km loop trail circling Fanshawe Reservoir. The trail is accessed at the main entrance to Fanshawe Conservation Area, 1424 Clarke Road (just north of Huron Street in London).

The trail offers spectacular views, abundant wildlife and a variety of terrain. Hike or bike through mature forest, open meadows and along three stretches of roadway.

The Lake Trail runs through mature forests, open meadows and along three stretches of roadway. For your safety and to prevent damage to habitat, please stay on the marked trails at all times. You can find a detailed copy of the Lake Trail map on the

Fanshawe Conservation Website.

Biking direction of travel alternates depending on the date - on even numbered days ride clockwise; on odd numbered days go counterclockwise. Bike helmets are mandatory, regardless of age or experience.

The Lake Trail is open to cyclists and hikers from dawn to dusk, seven days a week. Night riding is prohibited. Park admission fees are in effect.

Spend the day at the Fanshawe Pioneer Village and experience the past historical townships of London-Middlesex.



## Map Legend

- Tamarack Trail
- Meadows Trail
- Pond Trail
- Lake Trail (21 km)
- Roadway
- Point of Interest

- Pavillion
- Washrooms
- Parking Lot
- Picnic Area
- Boat Launch

- Canoe Launch
- Camping Area
- Fanshawe Dam
- Forest City National Golf Course

## Easy to Moderate Trails • Trail Distance: 21 KM

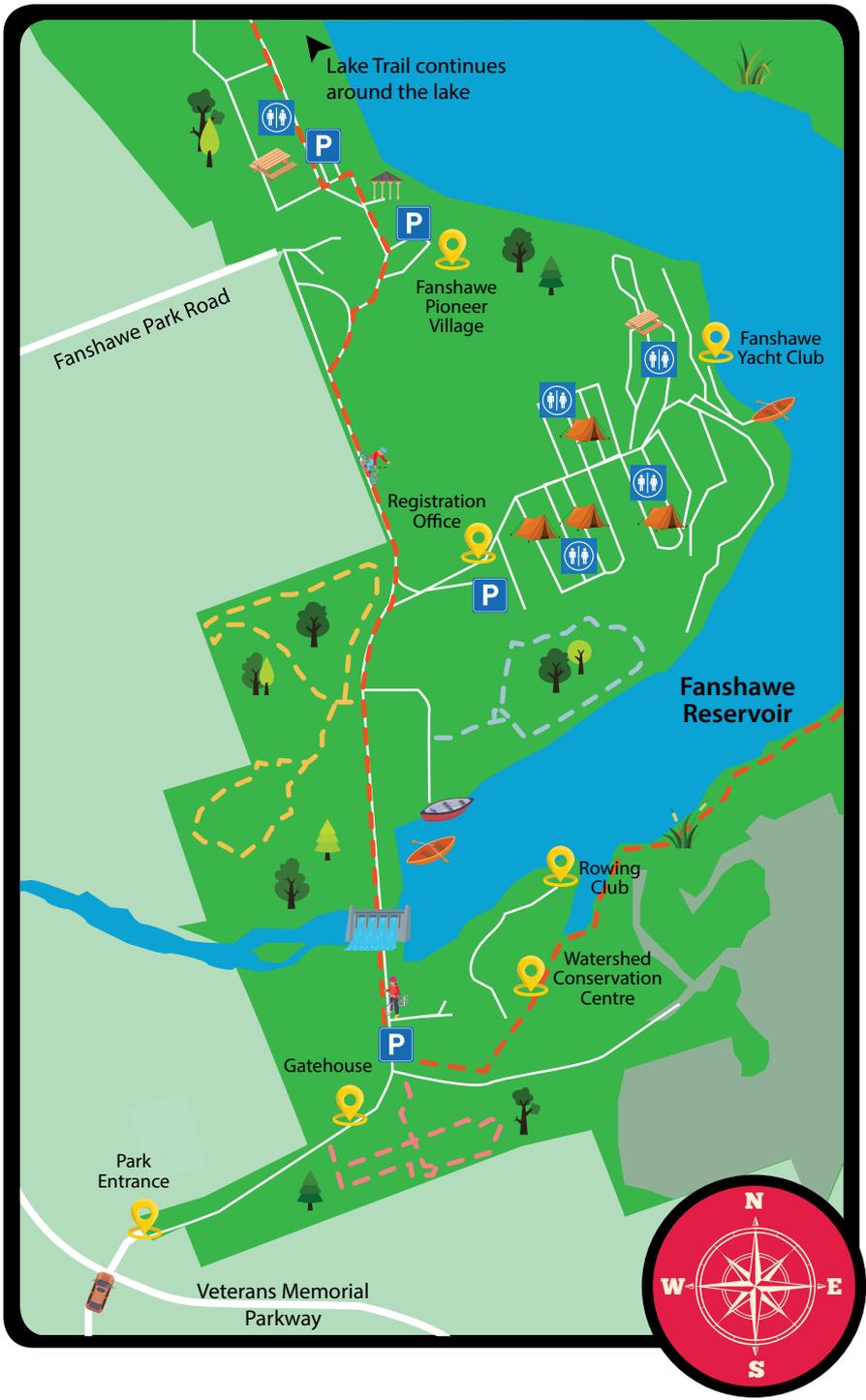
**Directions:** From Highway 401, take Exit #194 at Veterans Memorial Parkway (VMP). Follow VMP north to the intersection of Clarke Road and VMP. Turn right (east) to enter the park.

**Contact:** Upper Thames Conservation Authority 519-951-6181

**Website:** [www.fanshaweconservationarea.ca/](http://www.fanshaweconservationarea.ca/)



Scan me!



# Dorchester Mill Pond

98 Mill Road, Dorchester



The cluster of flora and fauna at the Mill Pond is a fine example of Carolinian Forest. Park your car in the large parking lot off of Mill Road and enjoy a hike around the entire perimeter of the pond along the nature trail. Stroll along natural paths, over wooden walkways, and bridges. Enjoy the panoramic view from the lookout deck on the east side or perhaps see flocks of Canada geese land on the water as you watch from the unique wooden bridge at the south end of the pond.

The pond itself is tranquil and changes from season to season providing excellent subject matter for photographers. Visitors may wish to simply enjoy the view looking

south from the dam reconstructed in 2005, or enjoy a quiet walk in the cool shade.

The century-old pond and surrounding area offers a diverse collection of flora and fauna. The trees, which include black cherry and white oak, offer a home to many different species of birds. Ground shrubs such as raspberry bushes and dogwood support various mammals including cottontails, raccoons, and white tail deer.

The pond itself, which boasts beautiful yellow water lilies, is inhabited by water fowl, turtles, bass, and beavers - a rarity in Southwestern Ontario.



## Easy to Moderate Trails • Trail Distance: 6.1 KM

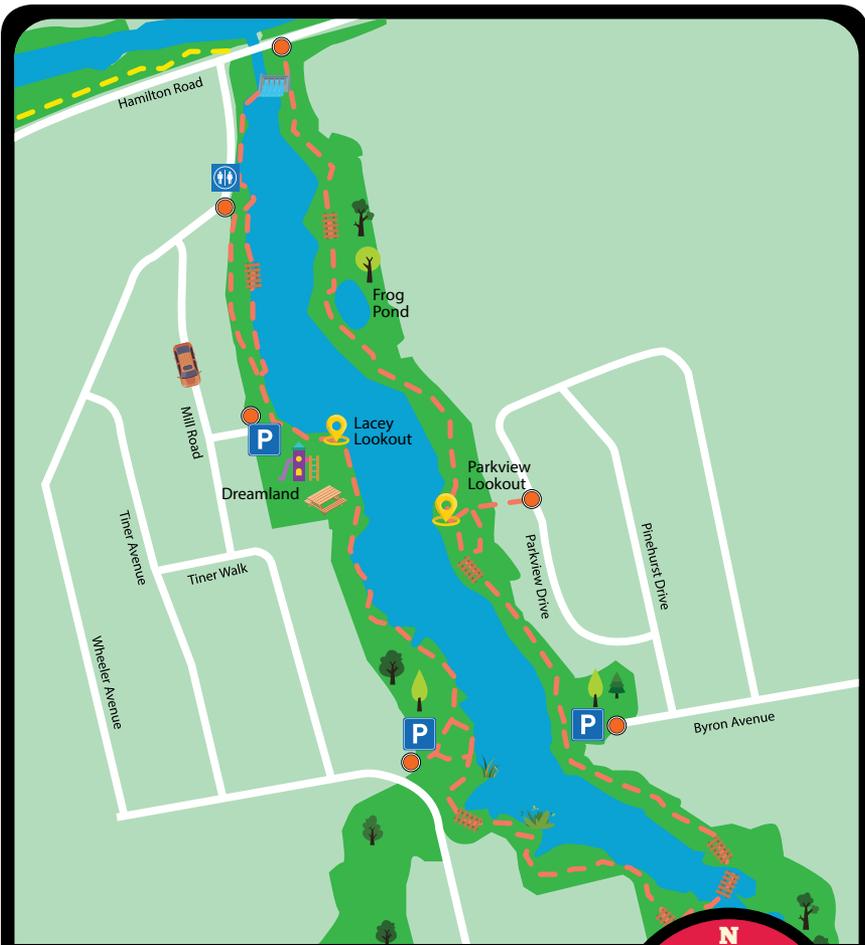
**Directions:** Enter off of Wheeler Avenue from Hamilton Road to enter the Dreamland Park parking lot. There are three parking lots available throughout the Mill Pond.

**Contact:** Thames Centre, 519-268-7334 or Upper Thames River Conservation Authority, 519-451-2800

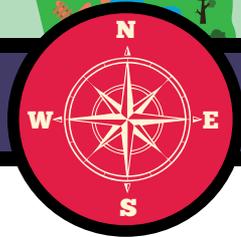
**Website:** <https://www.themillpond.ca/>



Scan me!



## Map Legend



Roadway



Mill Pond Eco Trail



Lions Trail



Point of Interest



Access Points



Parking Lot



Washrooms



Dam



Playground



Picnic



Boardwalk

# Lake Whittaker Conservation Area

**5840 Whittaker Lane, Harrietsville**



Lake Whittaker is the perfect destination for a day excursion to enjoy the 4.5 km trail, beach and picnic area or extend your stay on one of the 214 roomy campsites. Either way, Lake Whittaker is a destination full of spectacular views, great fishing and bird watching opportunities. The 26-acre Lake was formed during the last ice age when a chunk of ice from a retreating glacier broke away to create a depression.

The campground is open from May 1 to September 30 and offers seasonal and overnight camping. Access the lake from two beaches, fishing platforms and an accessible dock where you can launch your canoe or kayak. Non-motorized boats are allowed. Canoe, kayak and paddle boat rentals are available. A day-use or camping permit is required to access the trail.

The 4.5 km natural surface hiking trail loops around the lake providing views of a provincially significant wetland. In the spring the forest boasts early blooming flowers such as red trilliums, trout lily and wild geranium. In the fall the forest shows its colour and is a backdrop for migratory birds making their way south.



## Easy to Moderate Trails • Trail Distance: 4.5 KM

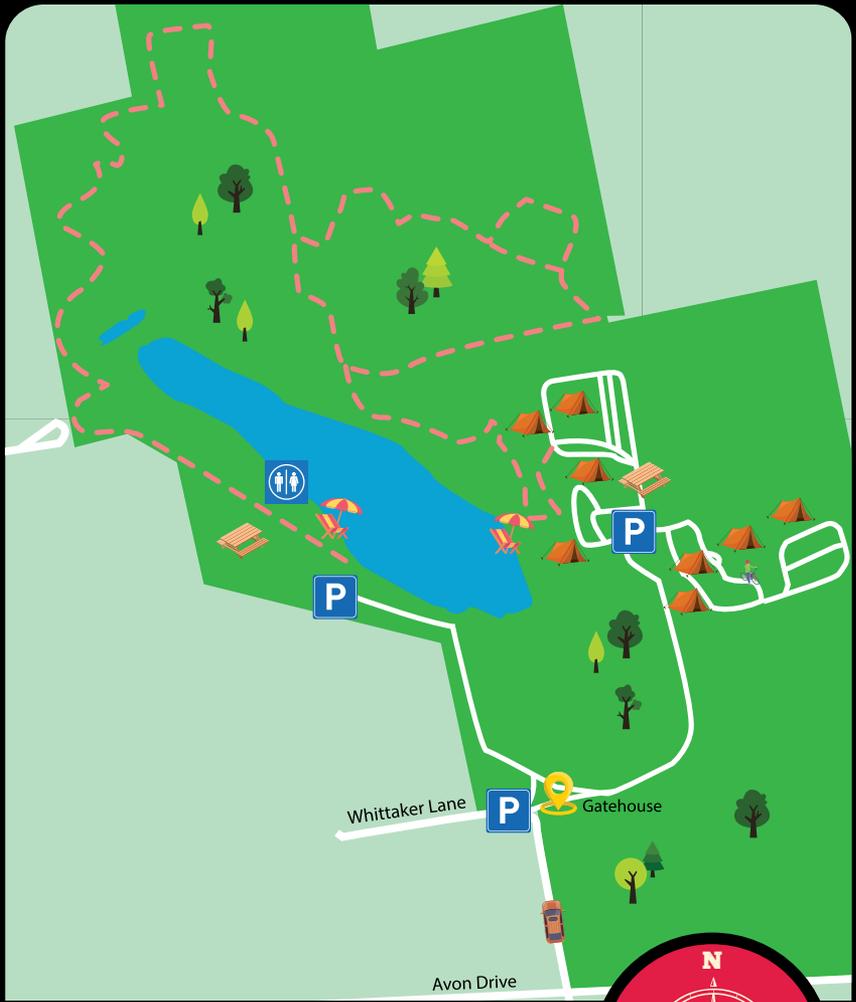
**Directions:** South of the 401, on Whittaker Lane north of County Road #37, near Harrietsville.

**Contact:** Lake Whittaker Conservation Area, 519-269-3592 OR Kettle Creek Conservation Authority, 519-631-1270

**Website:** [www.kettlecreekconservation.on.ca/lake-whittaker/](http://www.kettlecreekconservation.on.ca/lake-whittaker/)

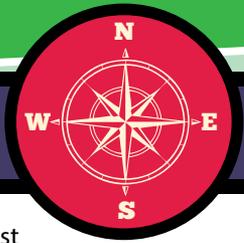


Scan me!



## Map Legend

- |   |              |   |                   |   |             |
|---|--------------|---|-------------------|---|-------------|
|  | Roadway      |  | Point of Interest |  | Bridge      |
|  | Hiking Trail |  | Picnic            |  | Camping     |
|  | Parking Lot  |  | Beach             |  | Boat Launch |
|  | Washrooms    |   |                   |   |             |





## Other Trails, Parks, and Recreational Areas in Middlesex

In addition to the trails featured in this guidebook, there are numerous parks, private trails, and recreational areas within Middlesex County.

### **Parkhill Rail Trail**

*Start at the Municipal Office, Parkhill*  
A Geocacher's Paradise in Parkhill! Tour this trail alone or with family. There are geocaches placed along this entire trail, on both the east and west sides of the Main Street. Bring your bike for a nice ride all the way east to Ailsa Craig or explore west of Main Street by foot.

### **Ilderton Rail Trail**

*Start at Junction Park in Ilderton*  
This former railway line is now a trail used by locals and visitors alike! Start your journey at Junction Park. Make your way either south for walking and hiking or go north in the winter to follow the snowmobiling trail.

### **Mount Brydges Lions Park**

*Lions Park Drive*  
The park features a baseball diamond, an approximately 1.4km long wheelchair accessible trail, modern playground, soccer fields, arena and community centre.

### **Weldon Park**

#### *Arva*

Located in the village of Arva, Weldon Park is owned and operated by the Municipality of Middlesex Centre. This 15 hectare multi-use park features a series of spring-fed ponds, a small woodlot, and recreational facilities.

### **Strathroy Fit Trail**

#### *Strathroy*

Situated along the Rotary Memorial Trail; which stretches from Alexandra Park to Cuddy Soccer Complex. Strathroy's fit-trail is a ten station exercise system designed to incorporate flexibility, cardiovascular conditioning, muscle strength and endurance.

### **Ailsa Craig Lion's Park**

#### *Start at Junction Park in Ilderton*

Located at the end of William Street, this park is partially accessible. The remainder is a dirt trail along the river bank, winding through a beautiful forest. Quilt Murals line the trail at this park, each representing the different countries who have participated in the Ailsa Craig Quilt Festival.

## Middlesex County Owned Forests

The County of Middlesex owns and manages the County Forest which consists of 1040 hectares (2500 acres) within 27 tracts. The County Forest is located within three geographic areas: the Dorchester Swamp, the Big Swamp, and the Skunk's Misery/Bothwell Forest Complex.

The largest component of the County Forest is the Skunk's Misery/Bothwell Forest Complex which is one of the most significant remaining forest blocks in Southwestern Ontario. It contains many plants that are uncommon elsewhere in Ontario, attracts area-sensitive and forest interior species, is an Area of Natural and Scientific Interest that contains many Provincially Significant Wetlands, and is home to many rare and unique species including Species at Risk.

Learn more about Middlesex County owned forests at:

[www.middlesex.ca/forestry](http://www.middlesex.ca/forestry)

Report trail misuse, ATV or any motorized vehicles to the appropriate authority.

Middlesex County Forester  
519-434-7321 ext. 2253

Report Hunting Violations  
Call 1-877-847-7667 to report any illegal activity against Ontario's natural resources





[www.visitmiddlesex.ca](http://www.visitmiddlesex.ca)